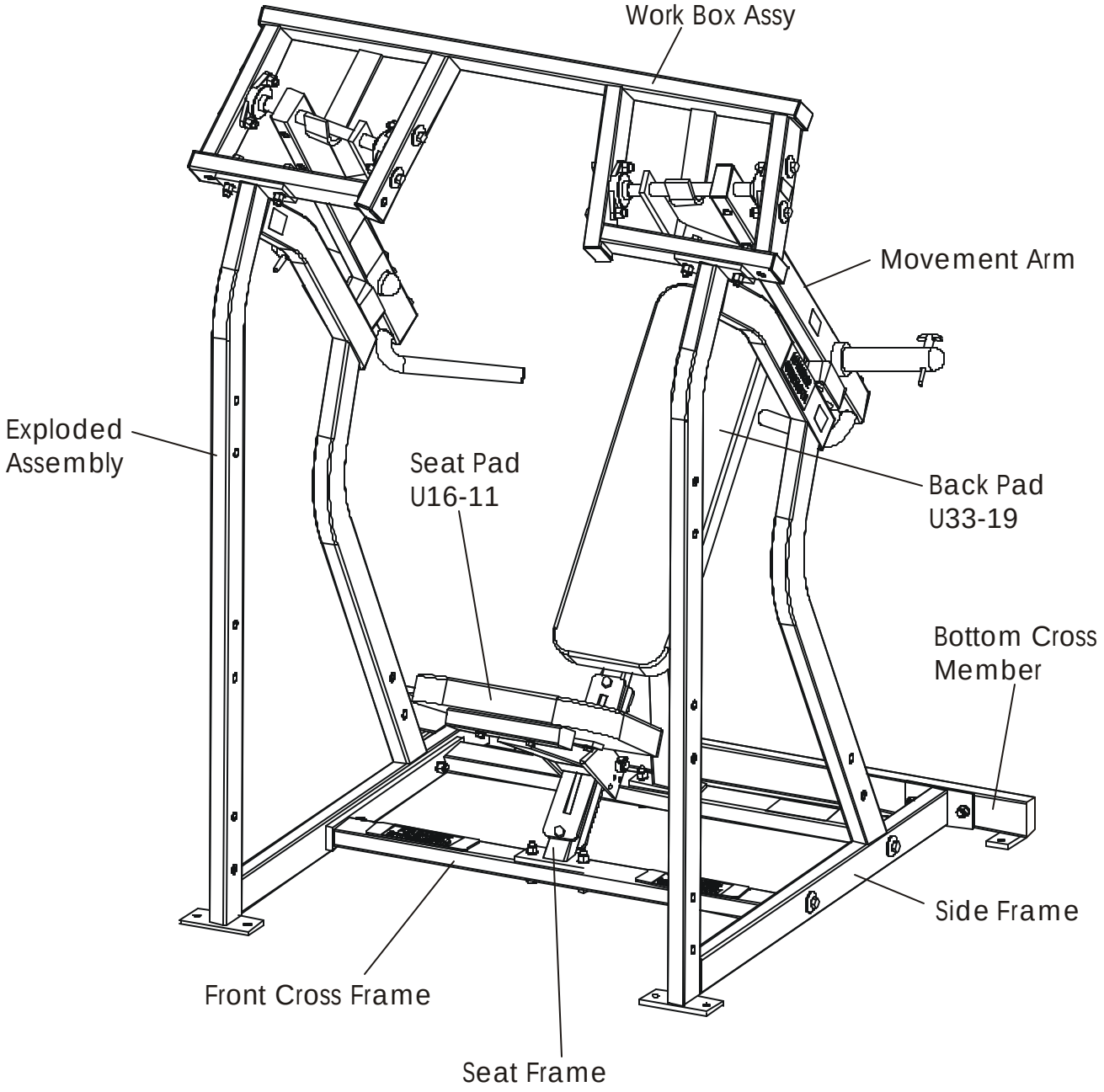
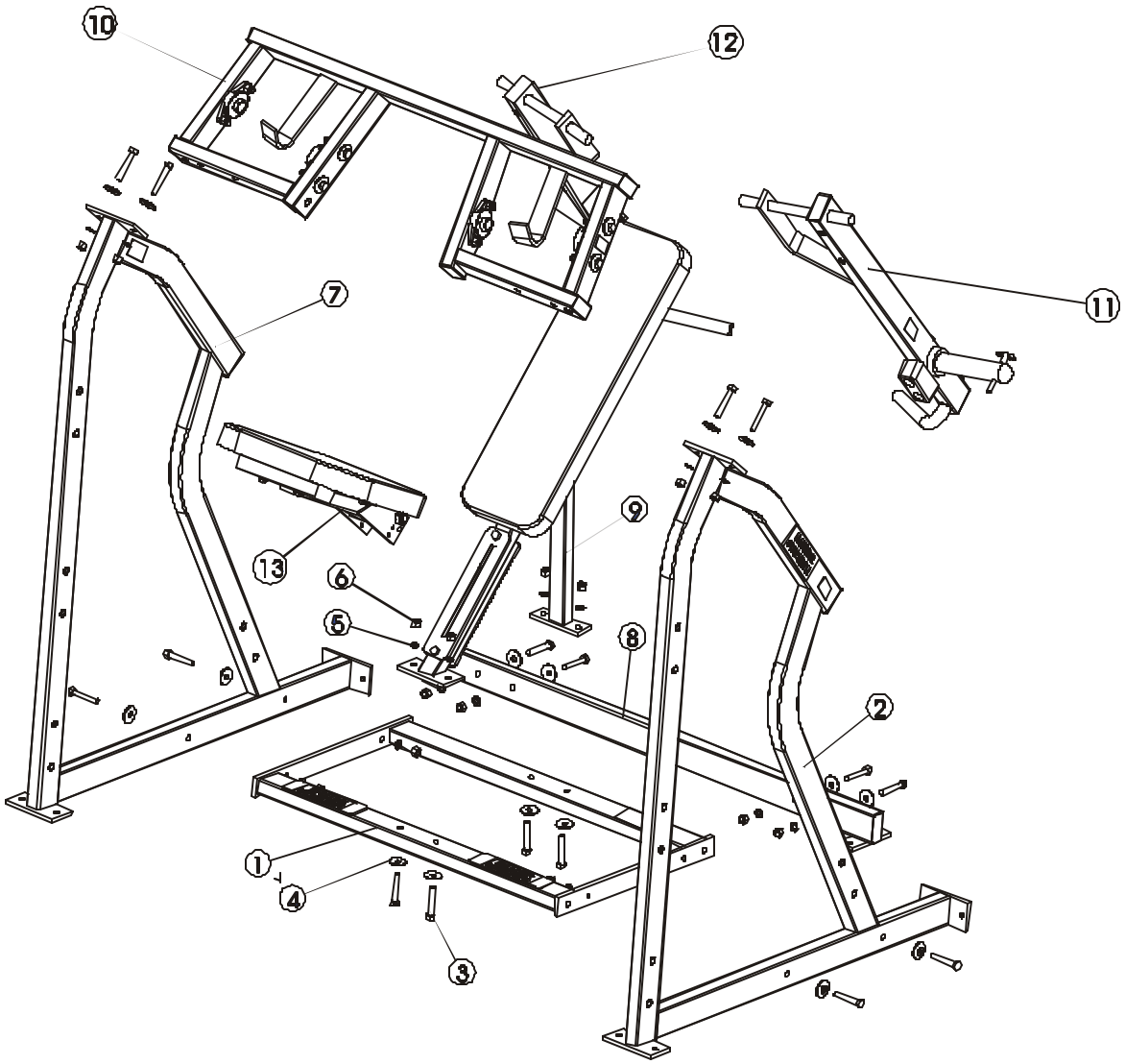
HAMMER STRENGTH EQUIPMENT
ILSP - ISO Lateral Shoulder Press Rev. A

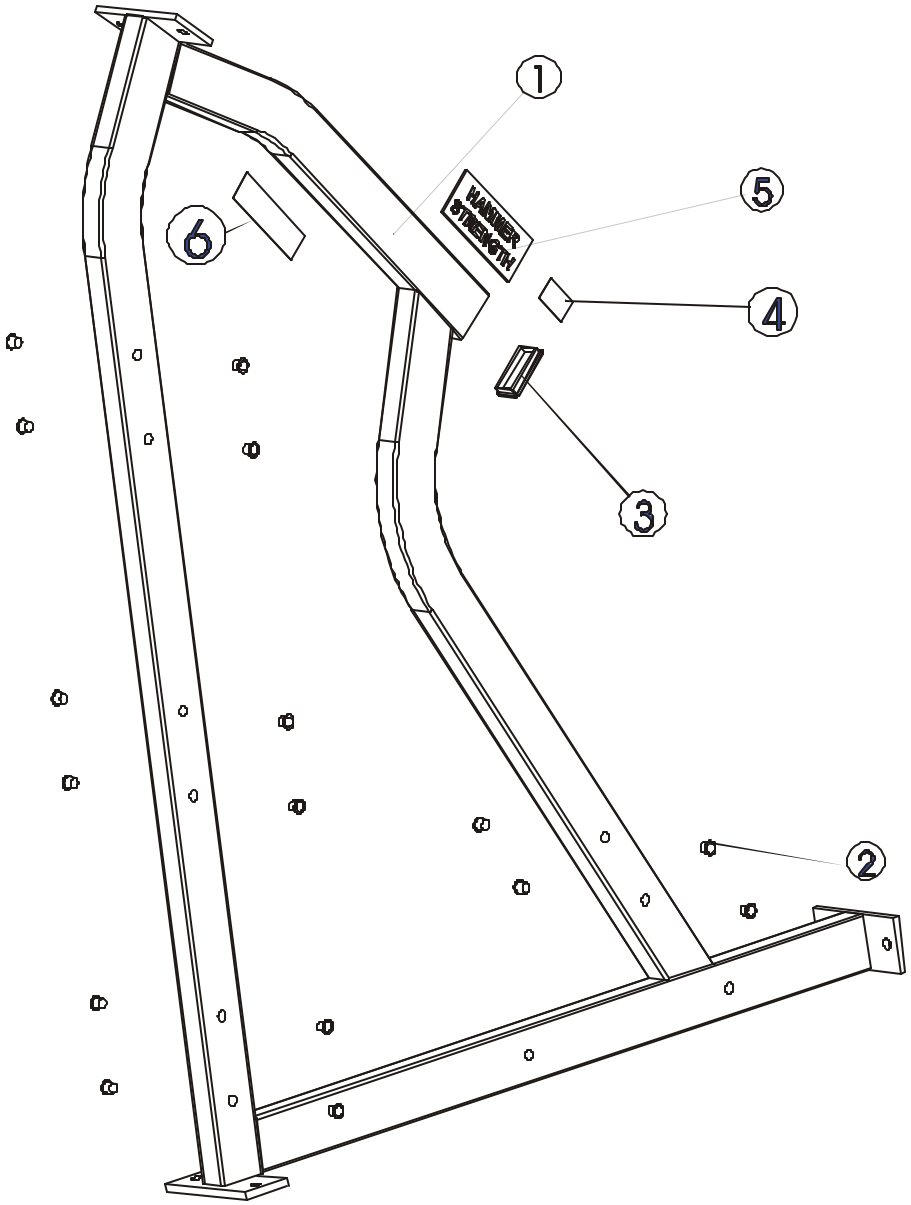


HAMMER STRENGTH EQUIPMENT
ILSP - Exploded Assembly



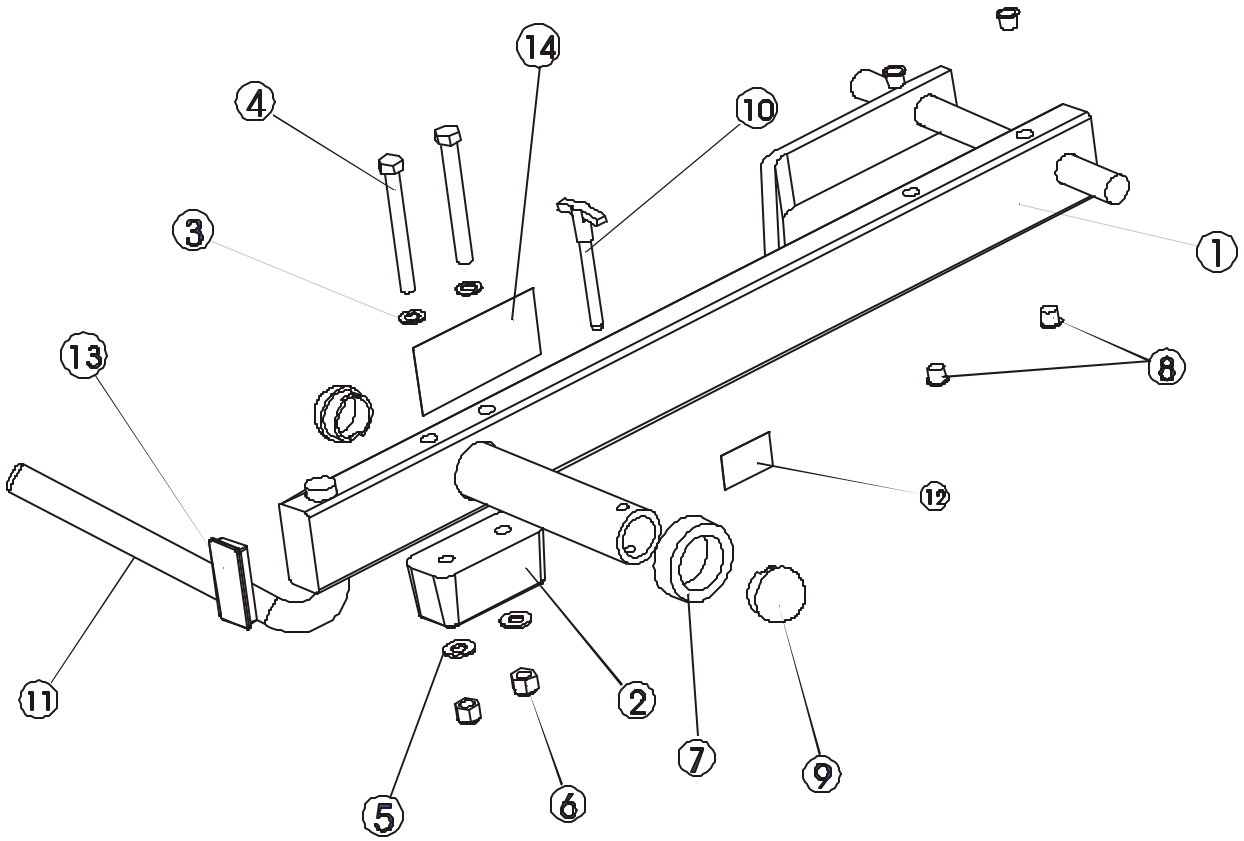
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILSP-CFX-0	Component Front Cross Frame
2	1	ILSP-CSFL-0	Component Side Frame Left
3	16	HHB.5X3	1/2 X 3 Bolt
4	16	H-BACK-WASH	Backing Washer
5	16	WASH.5STAR	1/2" Internal Lock Washer
6	16	NUT.5LOCK	1/2" Thick Lock Nut
7	1	ILSP-CSFR-0	Component Side Frame Right
8	1	ILSP-CBX-0	Component Bottom Cross Member
9	1	ILSP-CST-0	Component Seat Frame
10	1	ILSP-CTX-0	Component Top Cross Frame
11	1	ILSP-CMAL-0	Component Movement Arm Left
12	1	ILSP-CMAR-0	Component Movement Arm Right
13	1	STD-ST3-C	Component Seat Adjustment

HAMMER STRENGTH EQUIPMENT
ILSP - Side Frame



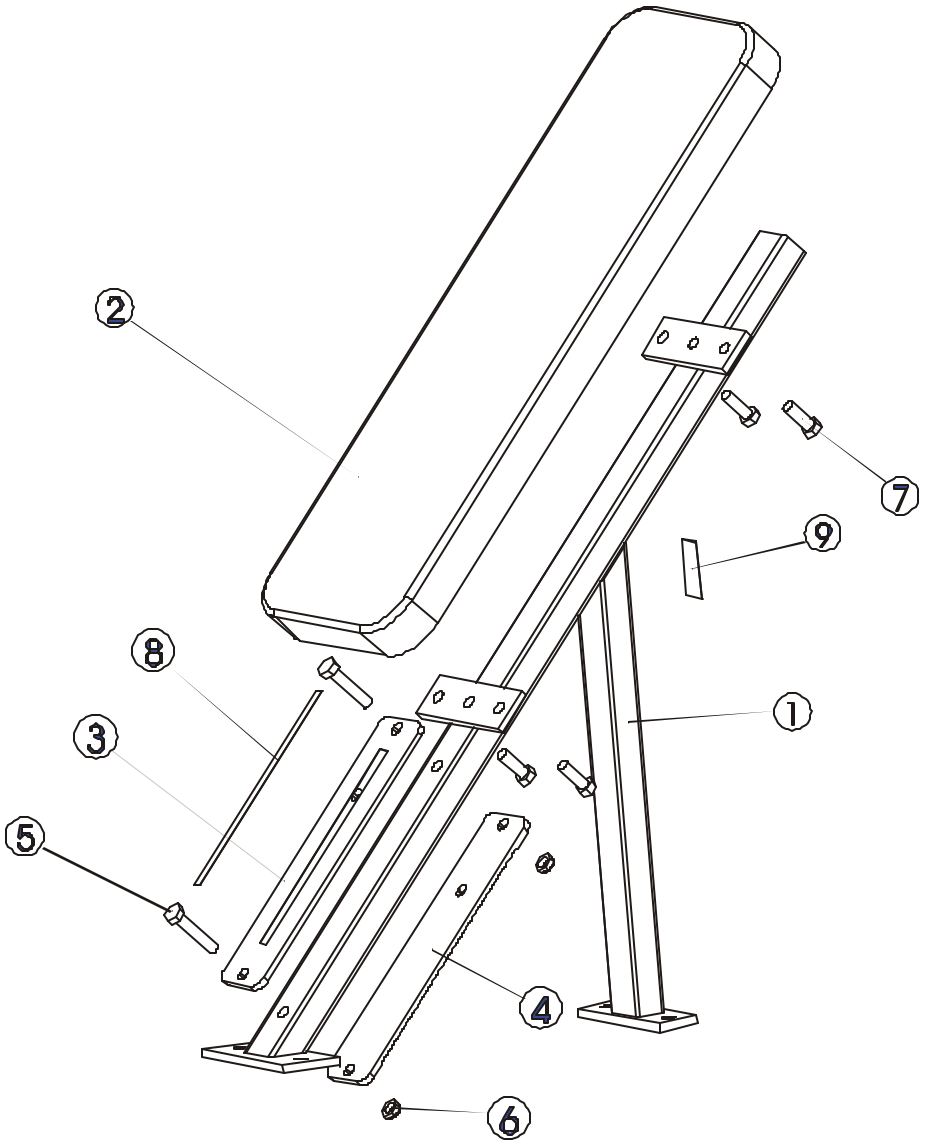
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	IRSP-SF-0	Right Side Frame
1	1	ILSP-SF-0	Left Side Frame
2	16	H-HPLUG	9/16" Hole Plug
3	1	H-PEND3	1 1/2 X 3 End Cap
4	1	STAY CLEAR	Stay Clear Decal
5	1	H-NAMEPLATE	Name Plate
6	1	ISO SHOULDER PRESS	Product Decal

HAMMER STRENGTH EQUIPMENT
ILSP - Movement Arm



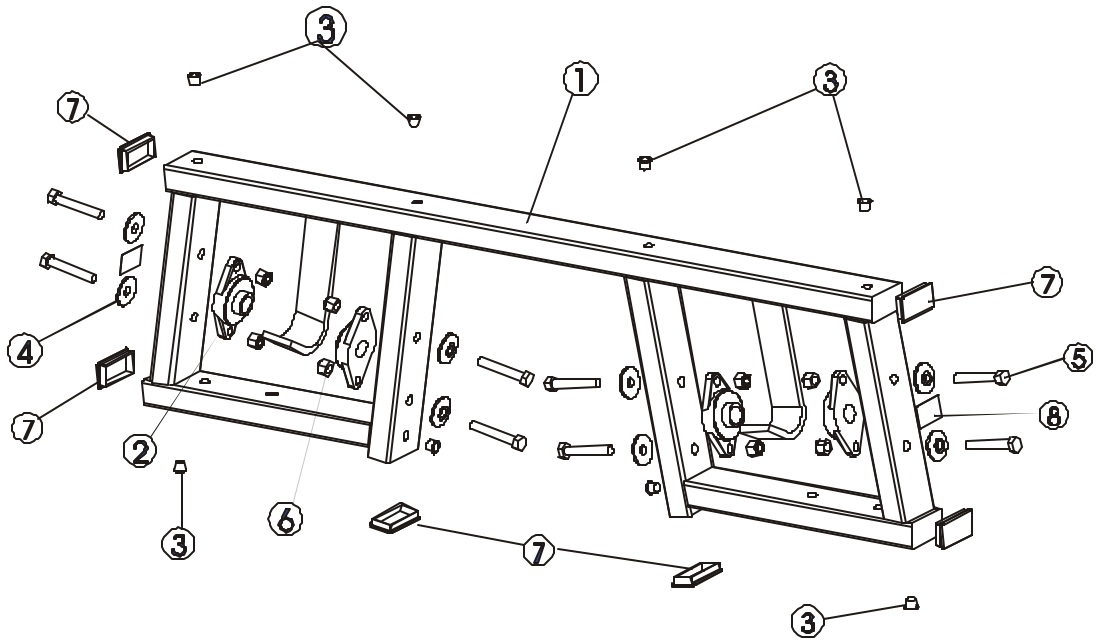
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILSP-MAL-0	Left Movement Arm
1	1	ILSP-MAR-0	Right Movement Arm
2	1	H-BUMP-MED	MM2 Medium
3	2	WASH.5STAR	1/2" Internal Lock Washer
4	2	HHB.5X4.5	1/2 X 4 1/2 Bolt
5	2	WASH.5SAE	1/2" SAE Flat Washer
6	2	NUT.5LOCK	1/2" Thick Lock Nut
7	1	H-RUBRNG	MM5 Ring
8	4	H-HPLUG	9/16" Hole Plug
9	2	H-BENDCAP	Bullet Cap
10	1	SELECTORPIN-4	Selector Pin
11	1	ILSP-GRIP	1" Grip
12	1	STAY CLEAR	Stay Clear Decal
13	1	H-PEND3	1 1/2 X 3 End Cap
14	1	WARNING LARGE-H	Large Warning

HAMMER STRENGTH EQUIPMENT
ILSP - Seat Frame



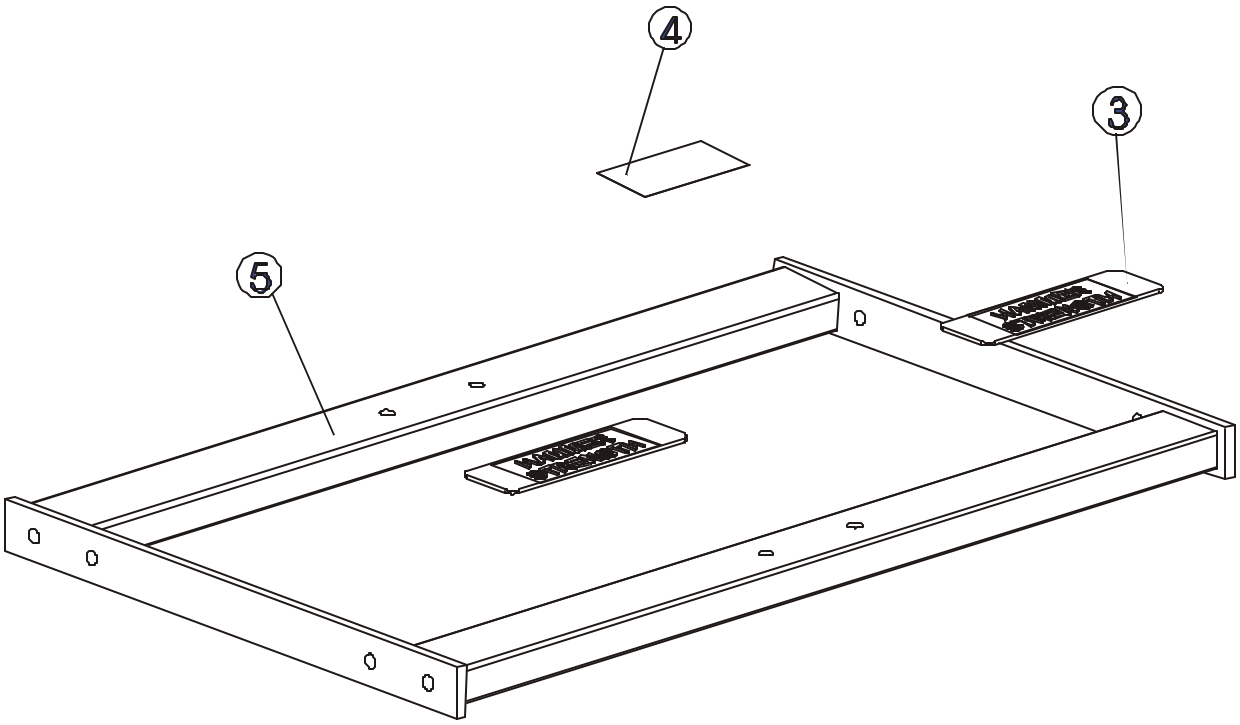
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILSP-ST-0	Seat Frame Assy
2	1	U33-19	Standard 33" Pad
3	1	H-SEATRCKS	Seatrack Front
4	1	H-SEATRCKS-RIB	Seatrack Back
5	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
6	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
7	4	HHB.5X1.5	1/2 X 1 1/2 Bolt
8	1	SEAT NUMBER	Seat Adj. Number
9	1	SERIAL NUMBER	Serial Number

HAMMER STRENGTH EQUIPMENT
ILSP - Work Box



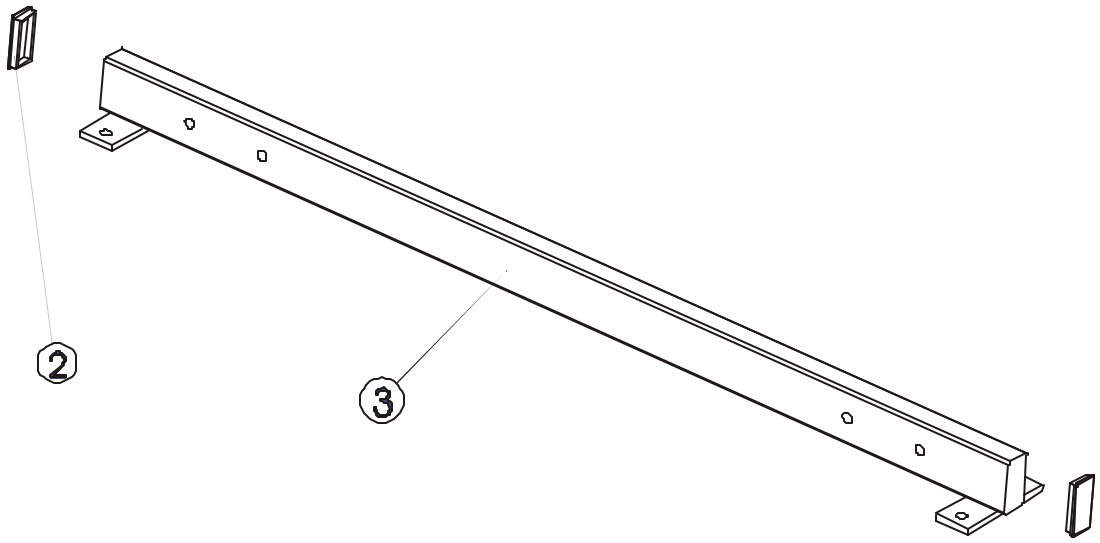
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILSP-TX-0	Work Box Assy
2	4	H-BEAR-SML	Small Bearing
3	8	H-HPLUG	9/16" Hole Plug
4	8	H-BACK-WASH	Backing Washer
5	8	HHB.5X3	1/2 X 3 Bolt
6	8	NUT.5LOCK	1/2" Thick Lock Nut
7	6	H-PEND3	1 1/2 X 3 End Cap
8	2	STAY CLEAR	Stay Clear Decal

HAMMER STRENGTH EQUIPMENT
ILSP - Front Cross Frame



ITEM NO.	QTY.	PART NO.	DESCRIPTION
3	2	H-NONSKID3	2 5/8 X 9 Nonskid
4	1	WARNING LARGE-H	Large Warning
5	1	ILSP-FX-0	Front Cross Frame Assy

HAMMER STRENGTH EQUIPMENT
ILSP - Bottom Cross Member



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-PEND3	1 1/2 X 3 End Cap
3	1	ILSP-BX-0	Bottom Cross Member Assy